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*"Nothing important was ever accomplished without chutzpah. Columbus had chutzpah. The signers of the Declaration of Independence had chutzpah. Don't ever aim doubt at yourself. Laugh at yourself, but don't doubt yourself." - Alan Alda*

Yesterday, I spoke about gumption and chutzpah, and how, together, they fuel all the things you want in your life. Enthusiasm mixed with courage; the audacity and unbelievable gall to boldly and unapologetically pursue your dreams.

As women, we have to take care of our whole selves- heart, mind, body, and soul. Start each day as a blank canvas, with a hot cup of coffee (or tea) and a heart full of gratitude. Create a morning routine that inspires you!

- Have a playlist. We are stimulated by all our senses. Listen to soothing music to get into your feel-good zone.
- Get back to your center. Meditate, journal, pray. This relieves stress and calms your mind,
- Read. Read. Read.
- Create a mantra and repeat it to yourself throughout the day. Write it down and stick it to your bathroom mirror. Make it the screensaver on your phone.
- Create a vision board to help you visualize your goals
- Connect to your life vessel, aka your body. Feed and fuel it correctly; take care of it; nourish it.
- Visualize yourself a year from today. Where do you want to be?

Practice begets excellence, and we need to keep practicing and reinforcing good habits in our lives if we hope to achieve our goals!